



Division of Public Health Services
Office of the Assistant Director
Public Information Office
150 N. 18th Ave.
Phoenix, Arizona 85007-2670

JANET NAPOLITANO, GOVERNOR
SUSAN GERARD, DIRECTOR

NEWS RELEASE

FOR IMMEDIATE RELEASE – October 19, 2005

Contact: Michael Murphy, Communications Director: (602) 542-1094
Emily Poland, Maricopa County Public Information, 602-506-6607; 602-722-1806

Health Department Confirms Arizona's First Case of Flu in Maricopa County

The Arizona Department of Health Services State Health Lab confirmed today that the State has its first locally acquired case of influenza for 2005 in Maricopa County.

Influenza, or the flu, was confirmed in a man in his twenties from North Phoenix. The man has since recovered, has no history of serious medical conditions, and has not received a flu shot this season.

Susan Gerard, Arizona Department of Health Services Director, said, "This case indicates the beginning of our flu season here in Arizona. October is early for us to get started with the flu, but it is not uncommon. There is plenty of vaccine for all high-risk people to get vaccinated this year."

"This is a prime example of the normal course of recovery," said Jacquelyn Meeks, DrPH Maricopa County Department of Public Health Director. "It is important to remember that prevention is the key."

Take the following precautions to help prevent the spread of influenza:

- Wash your hands
- Cover your cough
- Stay home from work if you're ill
- Keep ill children home from school or daycare to prevent the spread of flu to other children

Many providers began dispensing flu shots throughout Maricopa County in September. A list of flu shot providers is available at Community Information and Referral. Call 602-263-8856 or go to www.cir.org for this information.

Go to www.maricopa.gov/flu for more information on the flu and how to protect yourself.

###